

GARLIC ROSEMARY CHICKEN



Ingredients:

2	Tablespoons	Olive Oil
4	4-6 oz	Chicken Breasts (boneless/skinless)
½	Cup	White Wine
12	Cloves	Garlic, peeled and chopped
1	Bunch	Green Onion, chopped
2	Sprigs	Rosemary, mince one – keep one whole
3	Cups	Chicken Stock
¾	Cup	Heavy Cream
3	Teaspoons	Cornstarch

Directions:

1. Saute chicken breasts in olive oil over medium-high heat for about 3 minutes per side until golden brown. Remove from pan.
2. Add the wine, garlic and green onion to pan, scraping up any browned bits. Stir and cook for 1 minute. Add the chicken stock and rosemary. Bring to a boil and cook until the liquid is reduced by half. Reduce heat to low.
3. Add chicken back to pan. Cover and simmer until an internal temperature of 165° is reached – about 10 to 12 minutes. Remove chicken and whole rosemary from pan.
4. Mix cornstarch with heavy cream to make a slurry. Add to pan and cook until sauce is thickened. Serve with pasta, if desired. (I suggest either rotini or penne – each will hold onto the sauce better). Let sit a few minutes to let the sauce thicken.

NOTE: If serving with pasta...cook pasta until just barely al dente. Drain, then toss with the sauce after it has been thickened. Divide sauced pasta between 4 serving plates and top with chicken breast. Gingered Carrot with Pear goes well with this dish.